



AUGUST 2021

WELLNESS ONLINE NAVIGATOR



HAPPENING NOW



BeWell Stress and Mindfulness Program

Now through October 31

Learn to be more mindful about stress with three tiers of challenges that will motivate you to manage it more effectively.

Track your progress on Wellness Online and receive a prize for every tier you complete. **You can earn a neck massaging pillow, an essential oil diffuser AND a relaxing noise machine!**

Start by creating your plan today. Log in to or sign up for MyChart at myquadmed.com/hii. Once logged in, access Wellness Online and click the program link on the homepage.



COMING UP



How to Prioritize Your Financial Goals

Tuesday, September 14

Getting out of debt, saving for retirement, budgeting, supporting children, homeownership ... the list goes on. So where do you begin? In partnership with SmartPath, this course will show you a 7-step system to take the stress out of money. Register today at myquadmed.com/BeWell.



Scale Back

Begins Tuesday, September 21

Scale Back is a free 10-week program that can help you to lose excess weight through group support classes led by BeWell for Life wellness coordinators. You will learn realistic strategies for improving meals, movement, mindset and motivation. Register today at myquadmed.com/BeWell.



Prevent T2

PreventT2 is a group support program designed to prevent or delay type 2 diabetes for individuals with prediabetes or who are at risk of developing diabetes. Learn more at myquadmed.com/hii/t2.



WELLNESS ONLINE - KNOW YOUR NUMBERS AND MORE

In addition to managing your progress in the Know Your Numbers program, Wellness Online offers resources to help you live well.

- Activity trackers
- Health library
- Mindfulness practices
- Custom programs
- Interactive learning
- Wellness plans
- Daily health pursuits
- Recipe library

FEATURE HIGHLIGHT: Interactive learning programs

These educational programs can teach you to make healthy habits – online and on your time. Topics include, stress, smoking, sleep, mindfulness and more!

How to access Wellness Online

Log in to or sign up for MyChart at myquadmed.com/hii. Once logged in, access Wellness Online from the shortcuts header at the top of the homepage or from the Wellness section of Your Menu.

TAKE ACTION

✓ Schedule a Health Screening

Know Your Numbers is back! Eligible employees have until March 31, 2022 to complete the health screening and wellness profile requirements. Visit myquadmed.com/kyn for step-by-step instructions to complete the program, including how to schedule your health screening. For more information about Know Your Numbers, visit www.hiibenefits.com.

✓ Register for Nutrition Bytes

Every month, the team of Registered Dietitian Nutritionists from the HII Family Health Center put together helpful emails that provide valuable tips on how to eat healthier. Sign up today to receive Nutrition Bytes each month via email.

ONLINE & ON DEMAND RESOURCES



BeWell in 5 Stretch Breaks

Held via WebEx and accessible on your work computer, these stretch sessions allow you to participate from your desk at home or the office. Visit myquadmed.com/BeWell and access the online fitness classes page to register.



Virtual Exercise Classes

Exercise from the comfort and convenience of your own home! We've made it even easier to sign up! Visit our new signup location at myquadmed.com/BeWell to register.



RESOURCES FOR YOU

High-quality, confidential health and wellness care options are available for you and your family.

Wellness Online

Achieve your health goals with our helpful resources and program information. Log in to your QuadMed MyChart account to access Wellness Online.

HII Family Health Center

Free preventive care and acute care for just \$15. Visit myquadmed.com/hii or call (757) 327-4200.

HII Family Vision Center

Quality eye care and eye wear. Call (757) 327-4188 for optometry appointments; walk in for retail.

Onsite Dental

Exams, teeth cleanings, crowns and more. Call (757) 707-7223.

Teladoc

Talk to a doctor 24/7/365 or schedule a session with a therapist. Visit teladoc.com/hii or call 1.800.TELADOC.

SmartPath

Build your financial savvy and plan for the future by taking part in the informative financial planning webinars at joinsmartpath.com/HII/classes.

HERO: HII Employees Reach Out

Free confidential counseling when you need it most. Call (855) 400-9185.

For more information and eligibility details for the services listed above, visit hiibenefits.com. All personal information shared with the vendors above is confidential and not shared with HII.

BeWell for Life wellness services at the Family Health Center and via online video conferencing software are available to all employees on an HII medical plan.

*Information related to employee benefits or participant costs or charges related to benefits is provided as directed by your benefits department and may be subject to change.